



Smarter Smiles With Tech and Talks

Protecting Your Oral Health at Every Age

May and June are such fascinating months for me, not just because spring is in full swing, but because of the little-known themes we celebrate: Inventors Month, Older Americans Month, and even Effective Communication Month. Each one seems to fit perfectly into my world as a dentist. From groundbreaking tech to the subtle changes in our teeth as we age, these months remind me that evolving innovation and care go hand in hand.

Gadgets That Change Lives

May is Inventors Month, and I recently discovered a mind-blowing gadget: **the Sonu Headband**. Originally designed to relieve congestion from allergies or other causes, it's drug-free, FDA-approved, and delivers calming sound waves through bone conduction. The best part? It scans your face to customize those sound waves for your unique craniofacial structure.

Why does a dentist care about a headband? **Because this technology is opening doors for noninvasive craniofacial imaging.** For kids, we can now predict growth patterns and intervene earlier without exposing them to repeated CT scans or X-rays. For me, **being a beta tester feels like participating in the invention process itself**, which is exactly the spirit of Inventors Month. It's innovation that has real-world impact, and it's incredible to see how a tool designed for one purpose can be adapted for something entirely different.

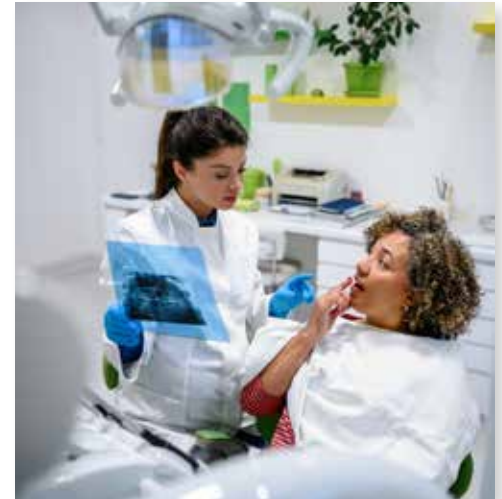
Custom Care for Older Patients

While I spend a lot of time with kids, older adults have their own unique oral health challenges. Many older patients face issues like **dry mouth**, often caused by medications. This increases cavity risk, but thanks to saliva testing, we can get a clear picture of a patient's oral environment. **We measure saliva quantity, pH, buffering capacity, and even bacterial activity.** These tests allow us to customize care and protect teeth in ways that were impossible a generation ago.

And it's not just about cavities. As people age, **wear on teeth and changes in bite can affect facial structure, jaw health, and even contribute to tinnitus.** With digital scanners and 3D imaging, we can track subtle changes in tooth structure over time down to hundredths of a millimeter. It's non-invasive, painless, and empowers patients to understand their oral health like never before.

The Power of Communication

One thing I've learned over the years is that technology alone isn't enough. **Effective care requires consistent communication.** Patients sometimes expect dental restorations to last forever, but the truth is that our teeth are exposed to extreme temperatures, pressure, and wear over a lifetime. Explaining this clearly helps patients understand that oral health evolves, **restorations aren't failures when issues arise**, and proactive care matters.



For me, keeping an open line of communication means educating patients, discussing risks, and making sure every treatment plan reflects their unique biology and lifestyle. In a way, communication is another tool just as powerful as any new gadget in my office.

Tech and Teeth Always Evolve Over Time

As May and June unfold, I see a common thread connecting these themes: **innovation, care, and connection.** Technology gives us incredible tools to track growth, prevent cavities, and monitor oral health with precision. But ultimately, our teeth and oral health evolve as we age. No matter how advanced our treatments are, changes are inevitable. **That's why staying in open communication with your dentist (and vice versa) is so important.** Our health, like the technology we use to protect it, is always evolving, and maintaining that partnership ensures every smile can thrive through the years.

To your great smiles and better health,

Think Cardio Means Running?

SCIENCE SAYS LIFTING COUNTS, TOO

For decades, long runs or treadmill miles were the go-to methods of cardiovascular fitness. But what if someone told you lifting weights can also give your heart and lungs a serious workout, often with benefits people overlook? Recent research shows that resistance training goes beyond muscle and aesthetics; it also supports cardiovascular health and longevity.

The Heart-Lifting Connection

When you lift weights, especially in structured, compound formats, your heart rate rises to meet the demand. Exercises like squats, deadlifts, and presses engage large muscle groups and push your circulatory system. Over time, this improves vascular function, keeps arteries flexible, and even helps reduce inflammation throughout the body. Those adaptations mirror many benefits of traditional cardio.

That said, some studies suggest the most significant reductions in cardiovascular disease risk come from *combining* strength and aerobic work rather than relying on weights alone, particularly in people with elevated blood pressure or other risk factors.

Metabolism, Muscle, and Longevity

One of the greatest unsung gifts of lifting is how it revs up your resting metabolic rate. Muscle is metabolically active tissue, meaning that having more muscle translates to more calories burned, even while you're binge-watching your favorite shows. That metabolic boost helps with weight management, which is key to keeping your heart healthy. But it doesn't stop at calories. A recent analysis found that regular resistance training is associated with a 15% lower risk of all-cause mortality, and



even larger reductions in death from cardiovascular disease and cancer.

Lifting Linked to Cardio

What makes lifting uniquely powerful is efficiency. A focused strength session can elevate your heart rate, challenge your muscles, and shape your body in ways steady-state running can't. It also improves bone density and enhances overall strength, which is critical for functional fitness as we age.

If you love lifting but skip cardio entirely, don't panic! Adding a few low-intensity walks, jogs, or bike rides between your strength days can round out your fitness and support long-term heart health.

YARN, CLAY, AND POWER TOOLS: Why Making Things Is Good for the Brain

As many as 95% of adults are concerned about developing dementia based on a global survey of 70,000 people. Naturally, most of these folks are racing to stave it off, buying puzzles, brain games, and supplements and embracing CrossFit training, polar-bear plunges, and other biohacks to keep their thinking sharp. An Amazon search for products to "improve cognitive skills" yields more than 1,000 hits.

But what if warding off cognitive decline were much simpler? As easy as, say, knitting a scarf? Or throwing a pot?

Using your hands to craft items from wood, fabric, yarn, or other tactile materials can nearly halve the likelihood you will experience cognitive decline by age 85, according to studies at Mayo Clinic and the University of Gothenburg. People who begin making things at midlife benefit from a 48% reduction in the likelihood of mental



acuity decline. Even if you don't start making things until your 70s, you can still enjoy a 28% reduction in your dementia risk.

Not any kind of hand movement will do. The benefits spring from both hands working together repetitively across your body's midline, with the left hand moving to the right and the right hand moving to the left. Common examples of this practice include knitting, woodworking, embroidery, and breadmaking.

How does it work? Crafters who knit or sit at a potter's wheel intuitively know the sense of integration and wholeness that a productive day as a maker can bring. Coordinating your hand movements engages both sides of your brain and stimulates the production of serotonin, a mood-stabilizing neurotransmitter. Tactile feedback from yarn, wood, or clay helps calm your emotions. Once you immerse yourself deeply in the crafting process, you enter what researchers call "flow," a state of creative calm that modifies your brain chemistry for the better.

Best of all, the anticipation of finishing your project releases dopamine, increasing your sense of engagement. We have all gotten used to the idea that we can't tinker with the way our brains work, so it's refreshing to know we can sharpen our cognitive skills by creating a fresh-baked loaf of bread, a handcrafted chair, or a warm beanie!

POWER PAIRINGS ON YOUR PLATE

WHEN HEALTHY FOODS WORK TOGETHER

Have you ever looked at a “superfood” list and felt like you needed to overhaul your entire pantry? In reality, most of us already eat a decent mix of food. The trick isn’t always what you eat, but what you put side by side on the plate.

Your body runs on familiar basics like protein, carbohydrates, fats, vitamins, minerals, and water. Those are the nutrients you learned about in school. Plants also carry extra helpers called phytonutrients. They live in the colors and flavors of fruits, vegetables, herbs, tea, and even coffee.

These nutrients are useful on their own, but the real magic happens when they team up. Nutrition researchers sometimes call this “nutrient synergy,” which is just a fancy way of saying certain foods do more for you together than they do alone. A simple example is pairing vitamin C with plant-based iron. Your body absorbs iron from beans, lentils, spinach, and oats more easily when something rich in vitamin C is in the same meal.

Other everyday food pairings work the same way. Think about a fresh tomato salad drizzled with olive oil. With that pairing, the fat in olive oil helps your body absorb more lycopene from the tomatoes. Raw carrots with a scoop of hummus or greens with a few slices of avocado do something similar for vitamin A. The snack tastes better, and your body gets a little nutrition boost.



Spices can work together, too. Turmeric on its own is fine, but when you add a pinch of black pepper, your body absorbs much more of the curcumin it contains. That’s why some drinks and seasoning blends put them side by side.

You don’t need a long list of rules for all this. Just try to eat a variety of healthy foods. If your plate has more than one color, a source of protein, and a bit of healthy fat, you are already building the kind of small combinations that help your food do more for you.

Shrimp Taco Soup



INGREDIENTS

- 1 tbsp chili powder
- 1 1/2 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 1/2 tsp kosher salt, divided
- Black pepper, to taste
- 3 tbsp olive oil
- 1 small onion, diced
- 1 red bell pepper, diced
- 1 (28 oz) can crushed tomatoes
- 2 tsp agave
- 2 cups water
- 1 (15 oz) can black beans, drained
- 10 oz frozen corn
- 1 lb large shrimp, peeled and deveined
- Jalapeño slices, chopped cilantro, Greek yogurt, crushed tortilla chips, and lime wedges, for toppings as desired

Inspired by FoodNetwork.com

DIRECTIONS

1. In a small bowl, mix chili powder, cumin, garlic powder, onion powder, 1 tsp salt, and pepper.
2. In a large pot, heat oil over medium-high heat, then add onion and peppers; cook 5–6 minutes.
3. Stir in seasoning mix.
4. Add tomatoes, agave, water, remaining salt, and more pepper to taste. Let simmer for 15 minutes.
5. Stir in beans and corn, then add shrimp.
6. Cook 4–5 minutes, until shrimp are cooked through.
7. Add desired toppings before serving.

TAKE A BREAK!



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An A-List Workout You Can Actually Do

Why Pilates Has Everyone Hooked

Ever wonder how your favorite stars stay strong, flexible, and camera-ready? Spoiler: Pilates. Low-impact, full-body, and surprisingly addictive, it might just be your new obsession, too. It's been around for over 100 years, and many celebrities have used it throughout their careers to train their bodies and minds as they work diligently to reach the top of their respective industries.

World-renowned athletes like Cristiano Ronaldo and LeBron James have both credited Pilates for helping them stay in shape. James does it during the offseason to help ensure he can continue playing as many minutes as possible in his 40s, while also improving trunk stability, hip mobility, and tissue capacity. Ronaldo constantly works on his strength and flexibility in Pilates studios, as it helps him gain more range of motion without damaging his joints. He even posted on Instagram, "I love this exercise."

Musicians who dazzle audiences with spectacle and dance also often use Pilates to improve strength and mobility. Dua Lipa is one of the biggest names in the industry right now and often puts on incredible choreography, dancing in heels, and rarely



stopping throughout her performances. How does she keep it up? She includes Pilates with her regular strength training and yoga practices. Other singers and performers like Lady Gaga, Madonna, Miley Cyrus, and Harry Styles have also credited Pilates for helping them continue performing for their dedicated fans.

When you start digging, it looks like more celebrities do Pilates than not. And why do they stick with it? It provides durability, improves posture, strengthens the core, provides rehab for chronic pain, pairs well with other exercises, and is easy to do anywhere.

Pilates isn't just for celebrities, either! It can provide the same benefits to you, even if you don't have a big performance coming up!